

# Adult Tennis - Fall 2025 Outdoor and Indoor Program

**UPDATED 9/16/25**



Rec & Ed Tennis offers a rewarding Adult recreational pathway that allows players to develop skills in a fun and social environment. For all classes, no running shoes please. If a player does not have a racquet, instructors will have loaners at class. All classes are held outdoors. UM Varsity may have indoor backup, if available. Rec & Ed Tennis follows the USTA Code of Conduct. Scholarship copays vary from \$5 to \$100 depending on class fee. To learn more about NTRP ratings and our program, visit our homepage: [a2schools.org/recedtennis](http://a2schools.org/recedtennis) All classes are subject to change.

**Learn To Play / Return to Play** Tennis 101 and Tennis 201 are specifically designed for adult beginners, or adults returning to the game after a prolonged hiatus. Classes offer fun, progressive drills & games, singles & doubles play, and introduce basic rules & etiquette.

**TENNIS 101 Beginner NTRP 2.0, Coed** (Previously Start/Restart) Tennis 101 is for new players or those returning to the game after a lengthy break. Players learn stroke fundamentals as well as general rules of play in a fun group environment. Even if you've never picked up a racquet, Tennis 101 will get you playing right away, and get you started on your tennis journey.

**TENNIS 201 Beginner/Adv Beginner NTRP 2.0-2.5, Coed** Tennis 201 is for 'graduates' of Tennis 101 or advanced beginner level players returning to tennis. Refine your strokes, gain consistency, and generate more spin, depth and power from the baseline. *This is the "bridge" between beginners and our 2.5-3.0 level clinics and leagues.*

**TENNIS 301 Advanced NTRP 3.0, Coed** Ideal for the advanced player wanting more point play at a faster pace. Focuses more on drill and play while hitting a lot of balls on the move with some instruction. For people who want to improve and be challenged along with having matchplay opportunities. **NOT A BEGINNER CLASS. REQUIREMENT is 201 or INSTRUCTOR APPROVAL.**

Class ID	Class	Days	Time	Dates	# Classes	Location	Fee	Instructor
<a href="#">3610.121</a>	Tennis 101	Tues	9:00AM-10:30AM	9/9-10/21	7	UM Varsity	\$238	Renee Hand
<a href="#">3610.123</a>	Tennis 101	Tues	9:00AM-10:30AM	10/28-12/16 NO CLASS 11/4	7	UM Varsity	\$238	Renee Hand
<a href="#">3610.122</a>	Tennis 101	Tues	6:00PM-7:30PM	9/9-10/21	7	Tappan	\$210	STAFF
<a href="#">3610.151</a>	Tennis 101	Fri	7:00PM-8:30PM	11/7-12/19 NO CLASS 11/28	6	UM Varsity	\$210	STAFF
<a href="#">3610.124</a>	Tennis 201	Tues	10:30AM-12:00PM	9/9-10/21	7	UM Varsity	\$238	Renee Hand
<a href="#">3610.125</a>	Tennis 201	Tues	10:30AM-12:00PM	10/28-12/16 NO CLASS 11/4	7	UM Varsity	\$238	Renee Hand
<a href="#">3610.171</a>	Tennis 201	Sun	12:00PM-1:30PM	9/7-10/12	6	Pioneer	\$180	Renee Hand
<a href="#">3610.173</a>	Tennis 201	Sun	12:00PM-1:30PM	10/26-12/14 NO CLASS 11/30	7	UM Varsity	\$238	Renee Hand
<a href="#">3610.172</a>	Tennis 301	Sun	1:30PM-3:00PM	9/7-10/12	6	Pioneer	\$180	Renee Hand
<a href="#">3610.174</a>	Tennis 301	Sun	1:30PM-3:00PM	10/26-12/16 NO CLASS 11/30	7	UM Varsity	\$238	Renee Hand

**CLINICS - NTRP Level-specific (NTRP 2.5-4.0 Women's, Men's, Coed)**

Continue developing your game through instructional drilling, coaching, live ball feeding games and doubles match play. Great for league players! *Instructor's permission required.*

**\*\*\*\*\*For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class\*\*\*\*\***

Class ID	Class/Level	Day	Time	Dates	# of Classes	Location	Fee	Instructor
Cancelled 9/4	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	9/22-10/27	6	UM Varsity	\$222	Fode Camara
<a href="#">3602.113</a>	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	11/3-12/15	7	UM Varsity	\$238	Fode Camara
<a href="#">3602.112</a>	Women's Clinic NTRP 2.5	Mon	10:30AM-12:00PM	9/22-10/20 NO CLASS 9/29	6	UM Varsity	\$152	Fode Camara
<a href="#">3602.114</a>	Women's Clinic NTRP 2.5	Mon	10:30AM-12:00PM	11/3-12/15	7	UM Varsity	\$238	Fode Camara
Cancelled 9/16	Co-Ed Clinic NTRP 2.5-3.0	Tue	10:30AM-12:00PM	9/23-10/28 Date Change!	6	UM Varsity	\$210	Fode Camara
<a href="#">3602.122</a>	Co-Ed Clinic NTRP 2.5-3.0	Tue	10:30AM-12:00PM	11/11-12/16 Date Change!	6	UM Varsity	\$210	Fode Camara
<a href="#">3602.131</a>	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	9/24-10/22	5	UM Varsity	\$180	Fode Camara
<a href="#">3602.133</a>	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	10/29-12/17 NO CLASS 11/26	7	UM Varsity	\$238	Fode Camara
<a href="#">3602.132</a>	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	9/24-10/22	5	UM Varsity	\$180	Fode Camara
<a href="#">3602.134</a>	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	10/29-12/17 NO CLASS 11/26	7	UM Varsity	\$238	Fode Camara
<a href="#">3602.151</a>	Women's Clinic NTRP 4.0	Fri	10:30AM-12:00PM	9/12-10/24 NO CLASS 10/10	6	UM Varsity	\$222	Fode Camara
<a href="#">3602.152</a>	Women's Clinic NTRP 4.0	Fri	10:30AM-12:00PM	10/31-12/19 NO CLASS 11/28	7	UM Varsity	\$238	Fode Camara
<a href="#">3602.141</a>	Men's Clinic NTRP 4.0	Thur	10:00AM-12:00PM	9/11-10/23 NO CLASS 10/2	6	UM Varsity	\$252	Fode Camara
<a href="#">3602.142</a>	Men's Clinic NTRP 4.0	Thur	10:00AM-12:00PM	10/30-12/18 NO CLASS 11/27	7	UM Varsity	\$264	Fode Camara



**CARDIO TENNIS\* & Cardio Drill+Play- Coed Level-specific:** NTRP 2.5-3.0; NTRP 3.0 and higher; NTRP 3.5-4.0  
 Stay fit hitting 100s of (standard yellow) balls in this fun, fast-paced, high intensity, aerobic tennis drilling and games workout.  
**Recommended for players with full range of mobility and good cardiovascular health.** Instructor determines if the player's level and mobility are appropriate during first class. *No beginners please.* **Instructor: Fode Camara (Classes limited to eight participants)**

**\*\*\*\*\*For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class\*\*\*\*\***

Class ID	Class	Days	Time	Dates	# of Classes	Location	Fee
<a href="#">3606.151</a>	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:30AM	9/12-10/24 NO CLASS 10/10	6	UM Varsity	\$222
<a href="#">3606.152</a>	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:30AM	11/7-12/19 NO CLASS 11/28	6	UM Varsity	\$222
<a href="#">3606.171</a>	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	9/7-10/19	7	Skyline	\$189
<a href="#">3606.173</a>	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	10/26-12/14 NO CLASS 11/30	7	UM Varsity	\$203
<a href="#">3606.172</a>	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	9/7 -10/19	7	Skyline	\$189
<a href="#">3606.174</a>	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	10/26-12/14 NO CLASS 11/30	7	UM Varsity	\$203
<a href="#">3604.171</a>	Cardio Drill+Play NTRP 2.5-3.0	Sun	12:00PM-1:30PM	9/7 -10/19	7	Skyline	\$210
<a href="#">3604.172</a>	Cardio Drill+Play NTRP 2.5-3.0	Sun	12:00PM-1:30PM	10/26-12/14 NO CLASS 11/30	7	UM Varsity	\$238
<a href="#">3604.121</a>	Cardio Drill+Play NTRP 2.5-3.0	Tues	9:00AM-10:30AM	9/23-10/21	5	UM Varsity	\$190
<a href="#">3604.122</a>	Cardio Drill+Play NTRP 2.5-3.0	Tues	9:00AM-10:30AM	10/28-12/16 NO CLASS 11/4	7	UM Varsity	\$238
<a href="#">3604.131</a>	Cardio Drill+Play NTRP 2.5-3.0	Wed	6:00PM-7:30PM	9/24-10/29 NO CLASS 10/1	5	UM Varsity	\$190
<a href="#">3604.133</a>	Cardio Drill+Play NTRP 2.5-3.0	Wed	6:00PM-7:30PM	11/5-12/17 NO CLASS 11/26	6	UM Varsity	\$222
<a href="#">3604.132</a>	Cardio Drill+Play NTRP 3.5-4.0	Wed	7:30PM-9:00PM	9/24-10/29 NO CLASS 10/1	5	UM Varsity	\$190
<a href="#">3604.134</a>	Cardio Drill+Play NTRP 3.5-4.0	Wed	7:30PM-9:00PM	11/5-12/17 NO CLASS 11/26	6	UM Varsity	\$222

**Rec & Ed Fall 2025 Registration begins August 5, 2025 at 10am.**

**For more information, visit our website: [www.a2schools.org/recedtennis](http://www.a2schools.org/recedtennis) or contact [adulttennis@a2school.org](mailto:adulttennis@a2school.org)**

For classes that are held outdoors, view weather related cancellations, view [Tennis Calendar](#), and check email.